

## Curriculum Vitae

### **Vinay Kumar V Nayak**

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### **OBJECTIVE**

To work for the organization which can give a better boosting, and prospect to my career and dedicate all my initiatives for the best presentation for which I present my candidature.

### **PERSONAL SKILLS**

Excellent Counseling, Guidance, Teaching, Lecturing, Training, Analytical, Comprehensive and Problem solving skills.

### **EDUCATION**

<b>Academic Qualification</b>	<b>Institution Attended</b>	<b>Percentage of Marks obtained</b>		<b>Class Secured</b>	<b>Marks obtained in Psychology alone</b>
<b>S.S.L.C</b>	R.T.Nagar Public School, R.T.Nagar, Bangalore	55.68%		SECOND	
<b>P.U.C</b>	K.R.Puram Govt College, K.R.Puram, Bangalore	51%		PASS	
<b>B.A (Psy)</b>	Lal Bahaddur Shastry Government First Grade College, Dinnur Road, R.T.Nagar, Bangalore	1 <sup>st</sup> Sem	57.8%	SECOND	
		2 <sup>nd</sup> Sem	51.6%	SECOND	<b>54/100</b>
		3 <sup>rd</sup> Sem	56.8%	PASS	<b>74/100</b>
		4 <sup>th</sup> Sem	48.2%	PASS	<b>53/100</b>
		5 <sup>th</sup> Sem	58.83%	PASS	<b>61/100 &amp; 78/100</b>
		6 <sup>th</sup> Sem	63.83%	FIRST	<b>73/100 &amp; 73/100</b>
<b>M.Sc (Psychological Counseling)</b>	Indian Institute Of Psychology And Research, Palace Compound, Bangalore	1 <sup>st</sup> Sem	62.8%	FIRST	<b>Average</b>  <b>63.8%</b>
		2 <sup>nd</sup> Sem	66.6%	FIRST	
		3 <sup>rd</sup> Sem	61.4%	FIRST	
		4 <sup>th</sup> Sem	64.4%	FIRST	

## **TECHNICAL QUALIFICATION: -**

<i>Diploma in Computer Application (D.C.A)</i>	Grade- A
<i>Diploma in Electronic Engineering (D.E.E)</i>	Rank-I/ First Class
<i>Diploma in Hardware Engineering (D.H.E)</i>	Rank-I/First Class

## **HOBBIES**

Writing articles, short stories, practicing magic, listening to music, attending bhajans as a member, playing guitar, playing dabki, reading books related to human behavior, cognition and live processes, watching television and chatting philosophy.

## **STRENGTHS**

Hardworking in nature, concentration, dedication and ready to do any given task.

## **ACHIEVEMENTS**

- Received **ENDOWMENT AWARD – 2005/06** for scoring highest marks in Psychology.
- Awarded **Individual Cultural Champion – 2007/08** in Inter College Competition at Lal Bahadur Shastri Government First Grade college, Dinnur road, Bangalore.
- Received prize in various sports and cultural activities in school, university and intercollegiate level.
- Conducted Magic Shows and Events with Magician **PRINCE SARCAR**.
- Scientific **articles, poems are published** in R.T.Nagar Public School and Lal Bahadur Shastri Government First Grade college Journals and magazines.
- Participated as **Delegate** in Seminar “Child Sexual Abuse and Neglect ” – 2010 by Dr. Shekar Shesadri (Dept of Child Psychiatry, NIMHANS) and Dr. Anupama Raju(Director of Indian Institute of Psychology and Research, Bangalore).
- Participated as **Delegate** in Seminar national seminar on “The role of Ayurveda in mental health” – 2010 at NIMHANS.
- Completed **CLINICAL AND PRACTICAL PSYCHIATRIC TRAINING** in SPANDANA HOSPITAL, NURSING HOME AND REHABILITATION, RESEARCH & TRAINING CENTRE (CLINICAL EXPOSURE).
- Won **2<sup>ND</sup> PLACE IN STATE LEVEL SEMINAR ON ‘POSITIVE PSYCHOLOGY’ conducted at Mahajans College, Jayalakshmi Puram, Mysore.**

- *Published, Edited and Designed and Compiled Book (Soft Bind) Titled “Indian and Transpersonal Psychology At a Glance”.*
- *Participated in Suvarna news 24/7’s Mega Fight Programme 2011/12 for couple of times and raised voice against various issues like Youth politics, Grama panchayat, Kaavi politics etc.*
- Was guest of Honour for Inter-School Sports and Cultural Meet - 2012 at St. James High School, Mariyanna Palva, Bangalore.
- Conducted workshops, counseling and guidance programme at nominal fees for economically weaker students for the academic year – 2012 – 2013 at St. James High School, Mariyanna Palva, Bangalore.
- *Conducted workshop on study skills relevant to life skills in Sheshadripuram Degree College – 2013 and Lal Bahaddur Shastri Government First Grade College.*
- *Conducted Personality development programme- Vikasana(Government project) at Government First Grade College, Chickaballapur.*
- Inaugurated Kala Vedike (A Forum for Arts and Humanities)- 2013 as Chief Guest at Lal Bahadur Shastri Government First Grade College, Dinnur road, Bangalore and gave a PPT Presentation on Values of arts and Humanities to motivate students.
- Was Chief guest and speaker of the month on their monthly meeting i.e., on September – 2013, on the topic “Understanding and dealing with mentally challenged” for care takers of mentally challenged and members of “AMENDIS” (An NGO dealing with mentally ill/challenged and care takers of mentally ill/challenged).
- *Conducted workshop on topic “Handling Failure” in Reva First Grade College, September– 2013.*

## **PROJECT DETAILS**

### **EDUCATIONAL COUNSELING**

Guided by Dr. Achala Umapathy (Deen and Professor of Psychology).

### **INDIVIDUAL COUNSELING:-**

CASE I	:	Career counseling
CASE II	:	Social and Emotional counseling
CASE III	:	Academic backwardness
CASE IV	:	Learning disability
CASE V	:	Interpersonal relationship

### **WORKSHOP:-**

“Interpersonal communication between students, parents and teachers”

- Based on social penetration theory and uncertainty reduction theory.

- Conducted using mainly Interpersonal, Communication and Assertiveness Training, Skills and Techniques.

## **Work Experience (Past)**

- Worked as Consultant Psychologist (Educational Counseling) at St. James High School, Mariyanna Palya, Bangalore for the academic year 2012 & 2013.
- Conducted Personality Development training at Government First Grade College Chickaballapur 2012- 2013, through “SA- Mudra Foundation” (Personality School), Malleshwaram, Bangalore.
- Worked as Consultant Psychologist (Personality Development & Counseling for Drug De-Addiction) at Sphoorthi Foundation – an NGO dealing with Alcohol De-addiction, Treatment & Rehabilitation Centre at Bangalore from January 2012 till August 2013.
- Conducted Free Workshops at different educational institutions.

## **Work Experience (Present)**

- *Working as consultant career counselor (Yuva help line) and trainer at SA-MUDRA foundation, malleshwaram, Bangalore from may 2012 till date.*
- *Working as Consultant Psychologist (Personality Development & Counseling for Drug De- Addiction) at Sri. Guru Deva Foundation – an NGO dealing with Alcohol De-addiction, Treatment & Rehabilitation Centre at Bangalore from April 2013 till date.*
- *Working as Consultant Psychologist (Personality Development & Counseling for Drug De- Addiction) at Nagvel Foundation – an NGO dealing with Alcohol De-addiction, Treatment & Rehabilitation Centre at Bangalore from January 2014 till date.*

## **PERSONAL DETAILS**

Date of Birth : 16-04-1986  
Age : 27 years  
Father’s Name : H. Venkatesh  
Sex : Male  
Nationality : Indian  
Religion : Hindu

Marital Status : Single  
Mother Tongue : Kannada  
Languages Known : English, Kannada, Hindi, Tamil and Telugu.

## **DECLARATION**

I hereby declare that all the above furnished information is true to the best of my knowledge.

Date: 20/01/2014

Place: Bangalore

**(Vinay Kumar V Nayak)**